

ASAC Fitness Class Schedule | **August 2026** | Updated: July 31, 2026

Studio Location:	Fitness Studio 1 By Library		Zoom Key:	Grey Box on Zoom Only
	Fitness Studio 2 Wii / Recorded ZOOM			* on Zoom & in- person
Instructor Key:	Anna - Black	Tim - Red		
	Brittney - Blue	Maddy - Purple		
	Kathryn - Gold			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 - 9:40 Core Chair Yoga Studio 1			9:00 - 9:40 Core Chair Yoga Studio 1
9:45 - 10:20 Core on the Floor Studio 1	9:45 - 10:20 Stronger Women Studio 1		9:45 - 10:20 Core on the Floor Studio 1	9:45 - 10:20 Stronger Women Studio 1
10:30 - 11:45 Beginner Ballet Studio 1		10:30 - 11:45 Beginner Ballet Studio 1		10:30 - 11:15 Tabata LSSC Private Class
10:30 - 11:15 Tabata LSSC Private Class	10:30 - 11:15 Tabata LSSC Private Class	12:00 - 12:30 * Everyday Balance & Mobility Studio 1	10:30 - 11:15 Tabata LSSC Private Class	10:30 - 11:15 Tai Chi Flow Studio 1
12:00 - 12:45  Studio 1 - Nami	11:30 - 12:20 Body in Motion Studio 1	12:45 - 1:15 Strong Walk Meet @ Fitness Desk	11:30 - 12:20 Body in Motion Studio 1	11:30 - 12:30 Let's Belly Dance! Studio 1
12:45 - 1:15 Strong Walk Meet @ Fitness Desk	12:30 - 1:15 Chair Yoga Studio 1	1:00 - 1:45 * Beginner Tai Chi Studio 1	12:30 - 1:15 Chair Yoga Studio 1	12:45 - 1:15 Strong Walk Meet @ Fitness Desk
1:00 - 1:45 * Beginner Tai Chi Studio 1	1:20 - 2:00 Nordic Pole Walking Inside/ Outside	2:00 - 2:45 * Intermediate Tai Chi Studio 1	1:20 - 2:00 Nordic Pole Walking Inside/ Outside	Recorded ASAC Videos Movement & Mobility Body Renewal Dance Cardio
2:00 - 2:45 * Intermediate Tai Chi Studio 1	1:30 - 2:00 Tai Chi 24 Form Advanced Private Class	2:45 - 3:30 * Tai Chi Fan Studio 1	1:30 - 2:00 Tai Chi 24 Form Advanced Private Class	See Andrea at the desk for more information



2026 ASAC Closure Dates. ASAC is closed on major holidays.

Subject to change without prior notice

Reservations required to participate in Fitness Classes. Must be an active monthly Fitness Member with up-to-date fees to participate in-person or on Zoom. Contact Fitness Staff at 907-770-2006, bmitchell@anchorageseniorcenter.org to reserve your space.



**Or visit: www.AnchorageSeniorCenter.org
for class description**